**SRFFIT001B exam preparation – Fitness Focus section**

**PROVIDE ORIENTATION TO CLIENTS PRIOR TO UNDERTAKING A FITNESS PROGRAM**

**1 Establish rapport with client**

1. Greet ***client*** in a friendly and courteous manner
2. Establish the general service the ***client*** wishes to access is

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**2 Identify general client fitness requirements**

* 1. Assess the ***requirements*** and expectations of clients
  2. Explain the available services and facilities relevant to the client's wishes
  3. Advise the ***client*** on activities to meet identified needs

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**3 Advise client on the benefits and procedures of fitness appraisal and exercise prescription**

* + 1. Explain the specific benefits of the fitness activities relevant to the needs   
       of the ***client***
    2. Advise the benefits of a fitness appraisal and exercise program to the ***client***
    3. Make an ***appointment*** for an appraisal or programming session, if required

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**4 Deliver and process a basic health screening questionnaire**

* + - 1. Briefly explain the benefits of a pre–exercise ***health screening***
      2. Administer an industry standard ***health screening***
      3. Review the ***health screening*** questionnaire
      4. Explain the ***procedures*** to be followed before commencing an exercise program when there are health concerns to the ***client***
      5. Provide information on the exercise program the ***client*** has selected to them
      6. Book the ***client*** in for an ***appointment*** with an instructor if an appraisal or program is required
      7. Report health concerns to a supervisor and/or instructor, if required

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**RANGE STATEMENT**

**Appointment**

* the appointment is booked, with the following details entered
  + date
  + time
  + client's name
  + purpose of appointment
  + name of instructor
* the client is provided with an appointment card with the following details
  + name of client
  + date
  + time
  + purpose of appointment
  + name of instructor

**Basic health screening**

* advise a client of the appropriate action, normally a visit to a medical practitioner, when
  + an existing medical condition is identified
  + an injury is identified
  + a client is taking prescribed medications
* the client would normally be advised by the medical practitioner of the guidelines for participation in fitness industry activities, and take these guidelines to a suitably credentialled allied health professional

**Client**

* experienced or inexperienced
* screened
* various ages
* active or inactive

**General**

* the client's fitness experience
* whether the client has previously undertaken a screening questionnaire
* the client's fitness goals